

HEY GIRLS!

Strong bones need calcium and physical activity.

Great tasting ways to get plenty of foods with calcium.

Choose low-fat or fat-free versions of these foods most often.

Daily Total Goal = 1300 milligrams (mg) = 130% DV.* Add it up!

There are lots of ways to be physically active every day.

Just use your imagination and have fun!

Here are some more ideas:

FOODS	PORTION	CALCIUM	
		mg	%DV%
Plain, fat-free yogurt	1 cup	450	45
Grilled cheese sandwich**	1 sandwich	371	40
American cheese	2 ounces	348	35
Ricotta cheese, part skim	1/2 cup	337	35
Fruit yogurt	1 cup	315	30
Cheddar cheese	1 1/2 ounces	305	30
Milk (low-fat or fat-free)	1 cup	300	30
Orange juice with added calcium	1 cup	300	30
Soy beverage with added calcium	1 cup	250-300	25-30
Tofu (with calcium sulfate on ingredient list)	1/2 cup	204	20
Macaroni and cheese	1/2 cup	180	20
Cheese pizza	1 slice	111-147	11-15
Frozen yogurt (low-fat or fat-free)	1/2 cup	105	10
Broccoli, cooked or fresh	1 cup	90	10
Ice cream	1/2 cup	84	8
Bok choy, cooked or fresh	1/2 cup	80	8
Almonds, dry roasted	1 ounce	71	8
White bread	2 slices	70	8

Calcium content varies depending on ingredients for many foods.

* %DV = % Daily Value used on food labels. The Daily Value for calcium is 1,000 milligrams (mg). Label values are rounded.

** Using 2 slices of white bread, 1 1/2 oz. cheese, nonstick cooking spray.

Sources: American Dietetic Association's *Complete Food and Nutrition Guide*, by Roberta Larson Duff, Chronimed Publishing, 1996; *Bowes and Church's Food Values of Portions Commonly Used*, revised by Jean A.T. Pennington, Lippincott-Raven Publishers, 1998.

Volleyball

Hopscotch

Baseball/Softball

Gymnastics

Judo

Karate

Weightlifting

Bowling

Lacrosse

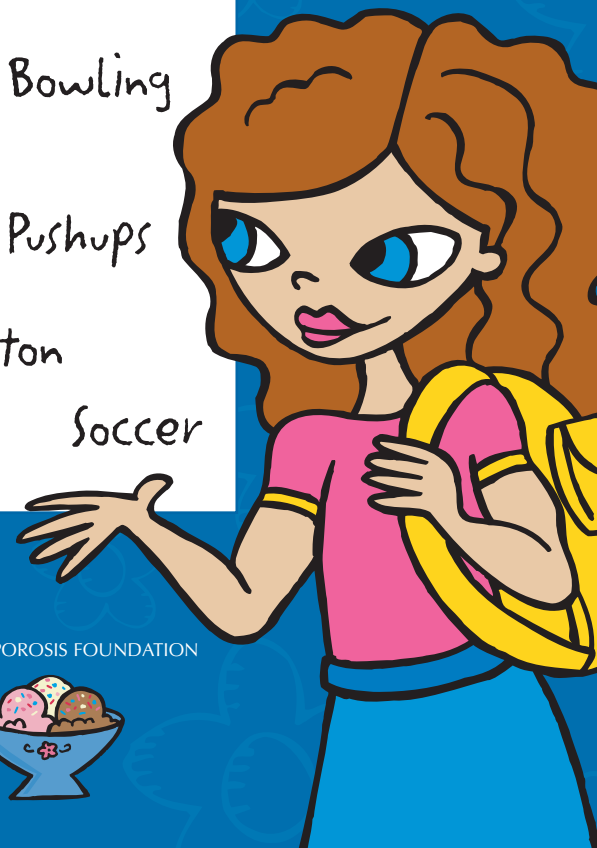
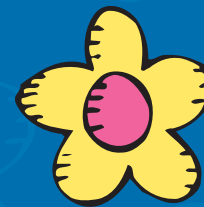
Tae Kwon Do

Pushups

Badminton

Dancing

Soccer

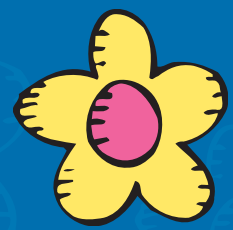
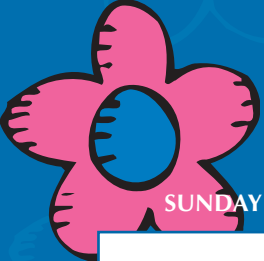


Powerful Bones. Powerful Girls.

THE NATIONAL BONE HEALTH CAMPAIGN™

DEPARTMENT OF HEALTH AND HUMAN SERVICES' OFFICE ON WOMEN'S HEALTH • CENTERS FOR DISEASE CONTROL AND PREVENTION • NATIONAL OSTEOPOROSIS FOUNDATION





JANUARY 2006

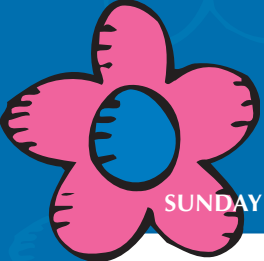
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	<p>Too cold to be outdoors? Try doing pushups or lifting weights in your house to build strong bones. Use cans of soup if you don't have weights.</p> <p>Keep low-fat cheddar cheese cubes in the fridge and have them with fruit for a quick snack.</p>			



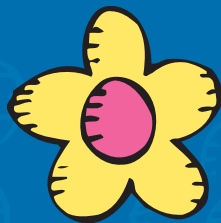
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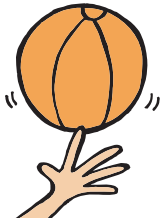


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FEBRUARY 2006



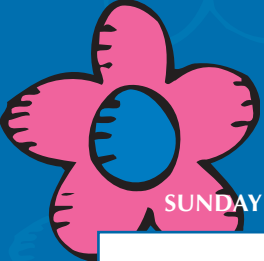
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<div>Winter = basketball season. Grab a ball and shoot some hoops with your friends.</div> 			1	2	3	4	
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	26	27	28	<div><div>In the mood to “wrap?” Invite your friends over for food and fun – make your own tortillas filled with refried beans, low-fat shredded cheese, broccoli, or bok choy and cover with salsa. Now that’s a southwestern treat!</div></div> 			



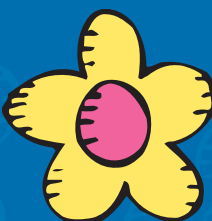
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MARCH 2006



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Bring March in like a lion – sign up for gymnastics or Tae Kwon Do classes at your local gym. Make new friends and build strong bones.			1	2	3	4
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APRIL 2006

SUNDAY

MONDAY

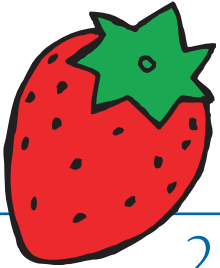
TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Try mixing fruit or cereal with added calcium into yogurt for a new taste. Raining outside?
Go bowling with friends. There's food, fun, friends, and physical activity!



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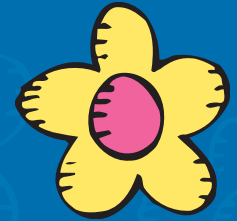
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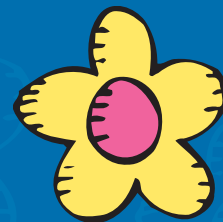
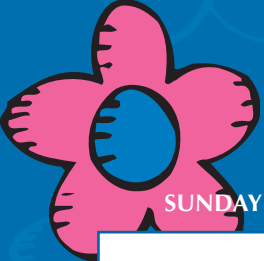
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MAY 2006

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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21	22	23	24	25	26	27
28	29	30	31	It's baseball and softball season again – grab a glove, bat, and ball and head for the field. These are great ways to build strong bones and get outdoors.		



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JUNE 2006

SUNDAY

MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

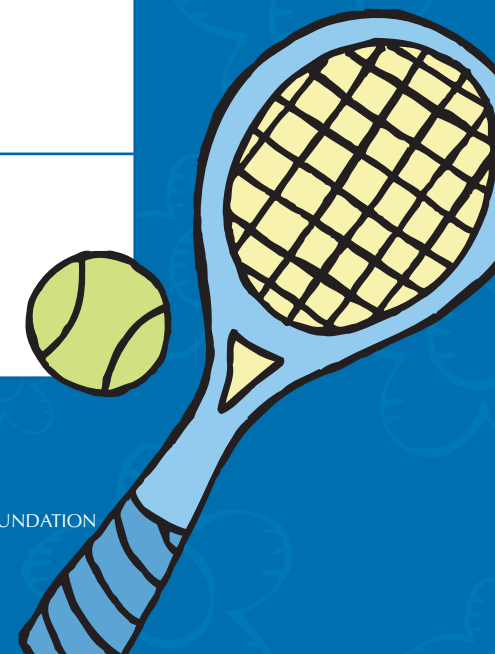
SATURDAY

	On those hot summer days, finish up your match with a cool glass of fruit juice with added calcium. Summer is here. Hit the court with a friend because tennis is a fun way to keep your bones healthy and strong!				1	2	3
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25	26	27	28	29	30		

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JULY 2006

SUNDAY

MONDAY

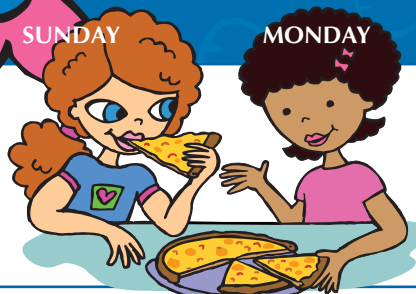
TUESDAY

WEDNESDAY

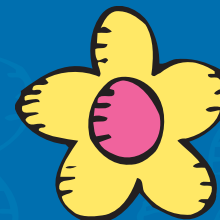
THURSDAY

FRIDAY

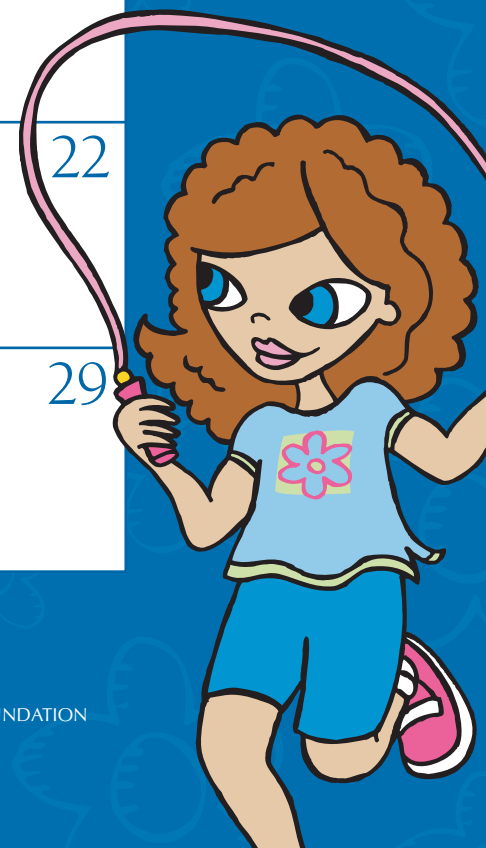
SATURDAY



On the go? Grab a slice of cheese pizza to get some needed calcium. 1-2-3-4-5, I want to be the fittest girl alive! Jumping rope and playing frisbee are both great ways to strengthen your bones and your heart.



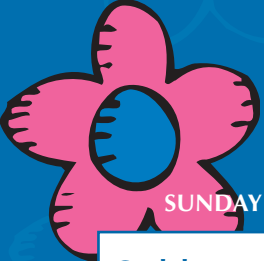
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30	31					



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AUGUST 2006

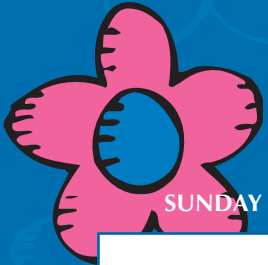


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Cool down with a very berry smoothie. Just put low-fat or fat-free milk, fresh or frozen raspberries or strawberries, and honey into a blender* for a bone-building treat.		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	*Remember to get your parents' OK.	

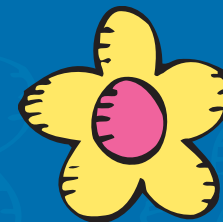


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SEPTEMBER 2006



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Need a power-packed breakfast on the go? Reach for a cereal bar with added calcium or a glass of low-fat or fat-free milk with chocolate or strawberry flavor for an added kick.

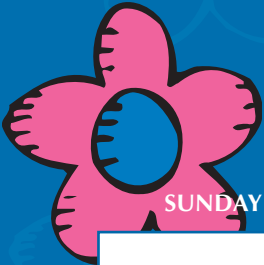
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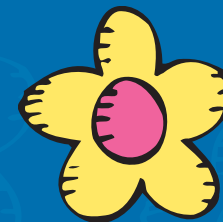
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OCTOBER 2006



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	Enjoy autumn's colors. Hit the trail for a scenic hike, and don't forget a snack. Add cereal with added calcium to dried fruit for a calcium punch!			

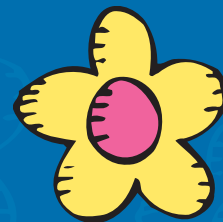
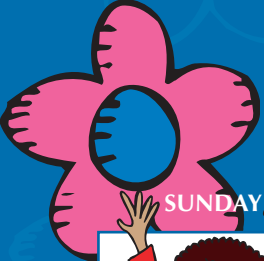




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NOVEMBER 2006



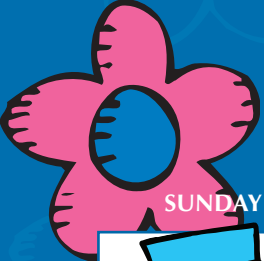
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>Warm up for the school dance. Turn up your favorite tunes at home and dance. It's fun and good for your bones.</p>			1	2	3	4
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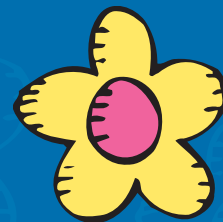
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DECEMBER 2006



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 Mix up mugs of hot chocolate made with low-fat or fat-free milk to warm those chilly winter nights.					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						



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